

Chana Masala

<http://userealbutter.com/2012/12/14/chana-masala-recipe/>
from [Smitten Kitchen](#)

1 tbsp vegetable oil
2 medium onions, minced
1 clove garlic, minced
2 tsps fresh ginger, grated
1 fresh jalapeño pepper (or serrano or Thai bird chiles, depending on how spicy you like it), seeded and minced
1 tbsp ground coriander
2 tsps ground cumin
1/2 tsp cayenne pepper
1 tsp ground turmeric
2 tsps cumin seeds, toasted and ground
1 tbsp amchoor powder* (or juice of 1/2 lemon)
2 tsps paprika
1 tsp garam masala
2 cups tomatoes, diced small (or 15 oz. can of diced tomatoes with the juice)
2/3 cup water
4 cups cooked chickpeas (or two 15 oz. cans, drained and rinsed)**
1/2 tsp salt
1/2 lemon, juice of

*a fruity and sour powder made from dried unripe green mango

[** **Jen's notes:** I used 2 cups of dried chickpeas to prepare my dish. First, I pick them over for any rocks or odd things. Then I soaked the chickpeas overnight in enough water to cover them by a couple of inches. The next day, I drained the beans and placed them in my Fagor pressure cooker with about 3 quarts of water and a tablespoon of olive oil (to reduce foaming). I set the lid to setting 2 (high) and sealed it shut. Then I placed the pot over high heat. As soon as pressure was reached (when the little yellow button popped up), I timed it for 12 minutes (recommended anywhere from 9-14 minutes) then turned off the heat. I let it release naturally (takes about 15-20 minutes) before draining and rinsing the chickpeas. I think my yield was a bit more than you would get from two 15 oz. cans.]

In a large saucepan or sauté pan, heat the vegetable oil on high flame and sauté the onions, garlic, ginger, and chile pepper for about 5 minutes. Turn the flame down to medium-low and add the spices: coriander, cumin, cayenne, turmeric, ground cumin seeds, amchoor powder (if using), paprika, and garam masala. Cook for about a minute and then stir in the tomatoes, water, and chickpeas. Let simmer for about 10 minutes. Stir in the salt and lemon juice (use the juice of a whole lemon if you aren't using the amchoor powder). Serves 6-8.